

THE POWER OF A BEAN!



WHY BEANS?

Beans are a bargain, both budget and health wise. Dry beans can reduce the cost of a meal. They can replace meat in recipes or be combined with meat, which also reduces the fat content. 1 cup of cooked beans provides the same amount of protein as 2 ounces of cooked meat.

BEAN BASICS—

1. Rinse the beans with cold water.
2. For each pound of beans, which is also 3 cups, add 10 cups of hot water to a large pot.
4. Bring the water to a boil and boil for 2-3 minutes. Turn off the heat, cover and let beans soak in water for about 1 hour.
5. Beans are done cooking when tender.
6. Drain off the soak water and rinse beans again.

STORAGE OF BEANS—

Dry beans should be kept in an airtight container, in a dry, cool place. They should be good for several months in this condition.

Canned beans may be stored up to 12 months in their original cans.

WHAT TO DO WITH BEANS—

Use beans in soups, salads, stuffing, casseroles, tacos, and burritos or with rice or pasta.

Add $\frac{1}{4}$ cup beans to a tossed salad because they have a meaty flavor and firm texture.

Add beans to spaghetti sauce, about $\frac{1}{4}$ cup for each cup of sauce to substitute as a healthier protein for beef.

Add beans to soups, $\frac{1}{4}$ cup for each cup of serving.

Add beans as a substitute for meat products or combine equal parts meat and beans for added nutrition. You can substitute beans for fish, chicken, and beef.

Kidney beans are often used in chili, refried beans, soups, and salads. Chickpeas are used in salads because they have a nut-like flavor that mixes with vegetables well.

NUTRITION—

Beans are high in fiber, low in fat, and an excellent source of protein. They are also easy to work with and inexpensive to use.

The 2005 Dietary Guidelines for Americans recommend a weekly consumption of 3 cups of legumes on a 2000-calorie diet.

Use the guide below for standardized recipes to help you cook different types of beans.

BEAN COOKING TIMES:	Serves 100	
Dry Beans—25 cups	How much water	Cooking Time
Black Beans	9 Quarts	2 hours
Black-eyed Peas	8 Quarts	1/2 hour
Great Northern Beans	8 Quarts	1 to 1 1/2 hours
Kidney Beans	9 Quarts	2 hours
Lentils	8 Quarts (Don't Soak!)	1/2 hour
Lima Beans	8 Quarts	1 hour
Navy Beans	9 Quarts	1 1/2 to 2 hours
Pinto Beans	9 Quarts	2 hours

A handout created by USD Dietetic Intern, Blair Caskey.

References:

1. "Singing the Praises of Beans," University of Nebraska Cooperative Extension in Lancaster County, Alice Heineman.
2. American Dry Bean Board, www.Americanbean.org.
3. www.healthierus.gov/dietaryguidelines.

Bean and Rice Burritos*

Serving Size: 1 burrito Yield: 8

Ingredients:

2 cups cooked rice
 1 small chopped onion
 2 cups cooked kidney beans or
 one 15 ounce can, drained
 8 (10 inch) flour tortillas
 1/2 cup salsa
 1/2 cup grated cheese (low-fat recommended)

Instructions:

1. Preheat the oven to 300 degrees.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans.
6. Put each filled tortilla (burrito) in the baking pan. Bake for 15 minutes.
7. While the burritos are baking, grate 1/2 cup cheese.
8. Pour the salsa over the baked burritos. Add cheese.

**Hearty Mashed Potatoes***

Serving Size: 1 cup Yield: 6

Ingredients:

2 pounds baking potatoes - peeled and
 cut in chunks
 1 can (15 ounce) drained garbanzo
 beans
 1/2 - 3/4 cup nonfat milk or fortified
 soy milk
 1/4 cup Parmesan cheese
 1/2 teaspoon garlic powder
 black pepper to taste

Instructions:

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot

**Confetti Bean Salsa***

Serving Size: 1/2 cup Yield: 6

Ingredients:

1 can (15 ounce) black or red beans
 1 can (11 ounce) corn
 1 cup salsa.

Instructions:

1. Drain and rinse the beans. Drain the corn.
 2. Combine beans, corn, and salsa in a medium-size bowl. Mix
- Note:** Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too.

Garlic Bean Soup **

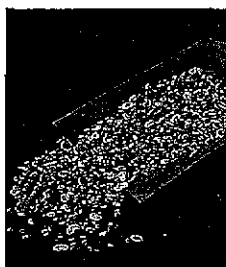
Serves 8

Ingredients:

1 lb dry Great Northern beans
 1 qt water
 1 qt low sodium vegetable broth
 3 Tbsp olive oil
 2 garlic cloves, minced
 4 Tbsp chopped parsley

Directions:

Place beans in large soup pot, cover with water and bring to boil. Cook 2 minutes, remove from heat. Cover pot and allow to stand for 1 hour. Drain, discarding water. Combine beans, 1 quart fresh water, and vegetable broth in slow cooker. Saute garlic and parsley in olive oil in skillet. Stir into slow cooker. Cover and cook on LOW for 8-10 hour or until beans are tender.

**Bean Dip***

Serving Size: 1/2 cup Yield: 6

Ingredients:

2 cups canned kidney beans
 1 Tablespoon vinegar
 3/4 teaspoon chili powder
 1/8 teaspoon ground cumin
 2 teaspoons finely chopped onion
 1 cup grated cheddar cheese

Instructions:

1. Drain the kidney beans, but save the liquid in a small bowl
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge
5. Serve with raw vegetable sticks or crackers

"Chick-Chick" Salad **

Preparation Time: 15 minutes Serves 4

Ingredients:

3/4 cup water
 1/2 tsp curry powder
 2/3 cup couscous
 1 cup cubed cooked chicken breast
 (about 1/2 lb boneless, skinless)
 1-1/2 cups cooked (1/2 cup dry) or
 1 can (15 oz) garbanzo beans,
 drained
 1/2 cup chopped red
 cabbage
 1/4 cup thinly sliced celery
 1/4 cup plus 2 Tbsp fresh
 orange juice
 1 tsp grated orange rind
 2 tsp olive oil
 1/4 tsp pepper

Directions:

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Add chicken, garbanzos, cabbage, onions, and celery. Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well. Serve immediately or chill.

SOURCES: * <http://recipefinder.nal.usda.gov/index.php>** <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx><http://northharvestbean.org/html/kidrecipes.cfm>